

# Fig 'n Bran Muffins

Makes: 100 Servings

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Ingredients	Weight	Measure
Water	4 1/2 ounces	2/3 cup
Nonfat dry milk	4 1/2 ounces	1 3/4 cups
Bran cereal	1 pound + 1 ounce	7 3/4 cups
Diced California figs	3 pounds	9 cups
Eggs, lightly beaten		9 eggs
Butter, softened or margarine	1 pound + 1 ounce	2 1/8 cups
Honey	8 ounces	2/3 cups

Nutrition Information	
Nutrients	Amount
Calories	141
Total Fat	5 g
Saturated Fat	N/A
Cholesterol	17 mg
Sodium	321 mg
Total Carbohydrate	23 g
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

	10 ounces Applesauce	1 3/4 cups
Vanilla	3 ounces	6 tablespoon:
All-purpose flour	2 ounces	7 1/8 cups
Salt	1 1/2 ounces	2 1/2 tablespoon:
baking powder	3 ounces	7 1/2 tablespoon:
Cinnamon		1 1/2 tablespoon:

## Directions

1. In mixer, reconstitute nonfat dry milk. Add bran cereal and mix gently. Add diced figs, eggs and margarine. Mix until blended. Add honey, applesauce, and vanilla, blend well.
2. In a separate bowl, sift together flour, salt, baking powder, and cinnamon.
3. Combine with bran cereal mixture until just blended.
4. Spoon or scoop approximately 2 oz into well-greased

muffin tins (2/3 full).

5. Bake in 400 ° F oven (375° F convection oven) for 15-20 minutes.

## Notes

Serving Tips:

Serve warm.

**Source:** California Fig Advisory Board